

Dear Friend,  
I have a problem. I don't like to eat breakfast. I  
would rather sleep in. When I get to school I  
can't seem to concentrate very well. I feel very  
tired and when I go out to morning recess, I can't  
run around with my friends. What should I do?

Your friend,  
Sammy

Breakfast  
Blast-Off

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson  
2nd Grade — Breakfast Blast-Off*

*Eat Smart Be Smart*